

# FORGING THE FUTURE:



Visit the NEHC Health Promotion Home Page  
<http://www-nehc.med.navy.mil/hp/index.htm>

## Friday FACTS

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26 April 2002

"Leadership, Partnership, and Championship"

### Registration for DoD Population Health & Health Promotion Conference Now Available!

Registration is now available online for the DoD Population Health & Health Promotion Conference at the following link: <https://chppm-cims.apgea.army.mil/fhp/registration/>

At the point in the registration process where it asks for conference preference, please select the DOD Population Health & Health Promotion Conference. Selection of Pre-conference Skills Training Workshops, and Hotel Information are also available at the online registration site. All attendees must register to attend the conference; however, you will not need to register for the individual sessions held Monday through Thursday. It is only necessary that you register for the individual Pre-conference Skills Training Workshops, as there will be limited seating in those sessions.

Please note that there is a Navy Health Promotion Breakout session scheduled for Tuesday, 13 August, 1530-1700. That session is specific to Navy Health Promotion staff. We hope that all who work in Navy Health Promotion will plan to attend the session to obtain an update on Navy Health Promotion and Population Health.

The DoD Population Health & Health Promotion Conference sessions scheduled for Friday, 16 August, in the morning, are targeted primarily for US Army and US Air Force personnel; however, Navy staff are welcome to attend or you may be interested in sessions scheduled that morning for the larger 5th Annual Army Force Health Protection Conference.

### A Few Volunteers Needed

Interested in reviewing a new Navy web based program on stress management and tobacco cessation?



Please contact Mark Long for details [longm@nehc.med.navy.mil](mailto:longm@nehc.med.navy.mil) 757-953-0959.

### New Tobacco Resources

A new self help tobacco quitting manual "No Dips and or Butts" is now available on the NEHC Tobacco Home Page! Also on line are an updated and new look Tobacco Page which includes new posters, information geared for Primary Care, Adolescents and lots more!

### Mental Health Month

May is Mental Health month! The National Mental Health Association uses the campaign to promote awareness and education of the value and importance that good mental health plays in the lives of everyone! The theme for this year is

***Mental Health Matters-Now More than Ever.*** To obtain additional information and to order the planning guide go to the National Mental Health Association website <http://www.nmha.org/may/index.cfm>



### Depression Screening Test

Depression has been called the common cold of behavioral health. One in twenty Americans experiences depression during each year- according to experts, yet only about one of four seeks help from a mental health specialist... The good news is that depression is treatable! Medications, counseling/ psychotherapy or a combination of both have been extremely effective in treating depression. Have you wondered whether you are depressed? Take a short web-based confidential test to assess whether or not you may be depressed <http://www.depression-screening.org/screeningtest/screen.cfm>



*"The mind has exactly the same power as the hands;  
not merely to grasp the world, but to change it."*

*-Colin Wilson.*